Hot Weather Vegetarian Recipes



Dishes That Are Simple, Inexpensive and Nourishing for the Summer Months.

When the thermometer, as well as the | spoonful salt, two ounces Spanish onion price of meat, soars high, then the wise (chopped), small piece bay leaf, pars-

eream, milk and cheese play an important part, as these articles all contain essential food elements, and as far as Put them on to cook. When boiling

much more wholesome, and will keep boiled rice. moist for three or four days if good

Asparagus Souv.

One-half pound asparagus, one ounce butter, one quart boiling water, one teaspoonful salt, one-half pint milk.

Trim and scrape the asparagus and cut off the heads. Cut the rest up in small pieces and saute in the butter for five minutes. Add boiling water and salt. Cook until tender. Rub through Mix the flour with the milk minutes. Add a little pepper and more

Mulligatawney Soup.

celery, three pints water, one level tea- for five or ten minutes.

nece of raw potato dipped in common

If a little salt be sprinkled over

shes on which eggs have been served

To polish black marble or marble of

w kind, alled bathroom floors, sinks,

depart if rubbed with a

housewife looks to the garden for the ley, three ounces apple (chopped), pourishing foods necessary for the three ounces tomato (sliced), one and one-half teaspoonfuls curry powder, In the following recipes eggs, butter, two teaspoonfuls lemon juice, one-half

Soak the beans all night in water. possible the use of dietetic foods has been avoided, as they are often difficult until beans are tender. Fry the onion In adopting a vegetable diet, either over the curry powder. Stir over the much discussed 'public defender' shall judge in the Children's Court and ultishally or in part, good bread is very fire a few minutes, taking care it does become an actuality," says Miss Marimportant. Graham Bread, as well as not burn, then add the flour and lemon white bread, should have its place on the daily menu. Homemade bread is through a sieve. Reheat and serve with at the instigation of the prison com-

Tomato Pie.

One pound tomatoes, one-half pound the women tried on prostitution charges potatoes, cooked, one-fourth ounce in the night court. chopped onion, two ounces bread crumbs, one ounce butter, one-fourth teaspoonful pepper, one teaspoonful ounce grated cheese.

sprinkle with pepper, salt and sugar. quarter pint of water and cook until for the committee. tender, then rub through a sieve, and use this for moistening the pie. Cut for alternate Tuesday nights, says of the potatoes into slices, spread a pie dish with a little of the butter; put the the work that it is experimental. potatoes, tomato, onions and bread Put the rest of the butter on the top.

What Every Housekeeper Should Know

Women Lawyers Volunteer Free Service in the Night Court and Pave Way for "Public Defender"

· WOMAN'S VARIED INTERESTS

Too Often the Magistrate Assumes the Role of Prosecuting Attorney, Say Women Who Wish to Socialize the Point of View of the Night Court and Improve Its Procedure.

By ANN SIMONTON.

yers who have volunteered to deals with." serve in the night court de- Opening Wedge for Women Judges. fending friendless and unfortunate women is successful we shall have spoken of their work as looking for-Add the apple and tomato; sprinkle found grounds for demanding that the ward to the appointment of a woman

Skin tomatoes and cut in slices; ent in the court nightly. An investi-Put one tomato into saucepan with one- gating secretary will prepare material

Miss Bertha Rembaugh, scheduled

crumbs in layers in a pie dish and pour baugh, "to remedy certain injustices over the liquid made with the tomato. that have sprung up. We do not yet orters of a pound of butter Bake for half an hour, then sprinkle know whether there is any efficacy in beans, one ounce carrots, turnips and with cheese and put back in the oven remedying faulty procedure or whether

have previously been soaked in water.

Keep damp-not wet-and hang in a

finite change in our whole attitude tow-F THE work of the women law- ard the social problem the night court

Members of the committee have an aside Miss Rembaugh was asked mittee of the Church of the Ascension, nisba Breckinridge, the first woman

have agreed to furnish free counsel for lawyer in Kentucky, who looks to the now generally recognized need for Moscowitz, after two months' tentative pendency and delinquency among womsalt, one teaspoonful sugar, one-fourth work, has arranged a schedule of law- en and children as an agent in furthering the standing of women in the legal "I think that point of view," she said,

is misleading. So definitely do I bemen lawvers. I regret whatever seems to narrow or particularize the woman professional's field."

the woman defendant's situation, surmade by sowing hemp, dwarf clover or and shyster bondsmen, men on every more often than not he becomes apolomignonette seed in large sponges that side determined to prey on her.

Magistrate as Prosecuting Attorney.

trate acts as attorney. It is not too district attorney is one so fraught with have volunteered to grant their coun- day consisted of state bread and over-Every woman should keep a supply of Chinese joss sticks in her kitchen. much to say that rather instinctively he honor that men not infrequently sacri- sel free of fee to the unfortunate wom- ripe bananas. Fact! Nothing so quickly destroys the odor of acts as prosecuting attorney. The ad- fice monetary advantages to hold the en who come within the jurisdiction of etc. 57st wash clean with a fittle soap ministration of the wrist watch cooking vegetables. First try to creministration of the law depends almost position. We believe that the adminLilly and Rosie. The Tribune Fresh Il, after which rub briskly with a dry pencil, with a strap for the wrist. This sweeps out the has been dipped in olive is this little memorandum pad and ate a draft of fresh air for two or worst of the odors. Then burn about istrate. He may be a man who believes would be better and fairer if the office her in touch with avenues for escape country. It wants to do it so that, for Rice may be substituted for dinner in the mind of the defendant just this -- office of prosecuting attorney for the made of it before. Held for the mo- chance to fill their lungs with fresh a.r. which are placed small pebbles or small be both effective and absolutely safe to place of macaroni, and some like it attractive ornament for use. Sprinkle on the back edges of better. Prepare with grated cheese and 'Crimes costs so much.'

on defence committee to work in the Night Court. field of the night court is the woman lawyer's. On the rescue committee of to the magistrate, for his work is work I cannot predict. After all, Miss morrow nor the day after, unless the contributions to the transfer and the unusual happen, are fund. the woman's auxiliary of the Society necessarily hasty, and he could draw Anna Moscowitz is head of the comfor the Prevention of Crime, which on the information that we could gather mittee and should speak for its plans, of hunger.

Miss Margaret Burnet, woman attorney, who will serve

"There is no district attorney assigned to the night court. The office of | "The presence of the attorneys who

course of our service we shall collect it would be like, so that you may pity "As things now are, if a reputable some definite statistics that will be of some of your fellow citizens-these, for rounded as she was by shyster lawyers | lawyer is drawn into a criminal case, permanent use in dictating the pro-

we can afford to have as a mere machine grinding out cases. It must be something more-just what it is far too soon to dictate."

Among the lawyers who have volunteered for the service besides Miss Rembaugh and Miss Burnet are Mrs. Mary Miss Sarah Stephenson. All of them are members of the Women Lawyers' Association, of which Mrs. Olive Scott Gabriel is president.

Touch warts or corns with a camel's hair brush dipped in iodine.

hair brush dipped in iodine.

Butter or vaseline is excellent for a burn; if the place is covered instantly authorized to the place is covered instantly believed. from the air no blister will appear. For a severe headache a towel wrung to out of hot water and applied to the back of the neck will often give in-

stant relief. A good, healing ointment for skin have for eruptions or abrasions : made of bis- thing muth and white vaseline. Use one part muth and white vaseline. Drivided for in of bismuth to three parts of vaseline. Eur. Uden at a property of the control of the

The eyes are greatly strengthened, and what strengthens the eyes brightens them, by using a daily wash of by local of

Hoarseners and ordinary sore throat is quickly relieved by putting a tablespoonful of pine tar in a vessel of boiling water and inhaling the steam by a holding the head, covered with a woollen shawl, about three feet above the ateaming vessel. Care should be taken cold wind immediately after using this'

A Reader's Warning

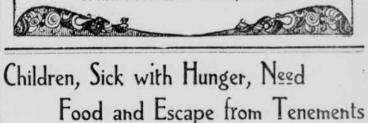
I think you should caution your readers against following the example of the woman, mentioned in Friday's issue, in who keeps her baby's milk warm in the fireless cooker. Such a proceeding is for very dangerous for the baby. Milk should be kept ice cold until it is time | 11



Extraordinary Reductions

On entire co' on of Spring and Summer models-linea iresses, chiffon, Georgette crépe and taffeta gowns; wraps; coats; suits, sweater and Guernsey Silk suits

To clear showrooms for Fall importations



Two Families Discovered on East Side Who Live in Certainty Only That They Will Have Nothing to Eat To-day and To-morrow.

found some people who do.

anticipation of succulent food waiting the family has is that given by one just beyond the eighteenth hole.

It is not the skipping of one meal or of will soon be sent.

Probably you don't know this sort dealt in the prosecution of cadets, I and depend upon us for a social point I can say, I think, however, that in the Still, try for a moment to realize what

> In Madison Street there is a family getic and indicates that he does not certainly the scientific basis of any re- in three rooms. The parents are both form that we may be able to introduce. invalids and unable to work; the only wage earner in the famtly is a sixteen

in sending offenders to the island or of public defender were created and from her life make something of the once in their pitiful young lives, they he may be one who fines and leaves in held in equally high esteem with the court experience that has not been addition to the food they will get a ment, the focus of the case should be to play and to make friends. If they to confess the truth and calculating tunity to remain in the country for only the minimum cost of getting four, six or perhaps even eight weeks.

Do you know what real hunger is? | another family is hungry. The father The Tribune Fresh Air Fund has of this family, too, is ill; the mother is at her wits' end to support the chil-This is not the kind of hunger you dren she loves. There are five children feel after a morning's golf-the kind here, the oldest nine years, the youngthat really becomes a pleasure in the est nineteen months. The only money

charity or another. This is not the kind of lack of food | Every one of the children is ill that means cutting off the soup at the plainly from lack of food. For all of beginning of the meal and the dessert these the Tribune Fresh Air Fund has at the end of it; not the kind that places waiting in the country, the land means just plain food but plenty of it. of plenty. To these places the children

Would you like to pay the expense o It means practically no food at all- sending them? Some one must; this not for a meal, but for a month. It means an ache for food, with the certain knowledge that there will be no food to quiet the ache to-day nor to-

ĸ	Frantonially wormownerstore
	Mrs. Charles W. Cooper
	Rev. C. L. Krumbetz
	Mrs. Charles Lathrop Pack
93	"D. P. W."
,	E. A. & G. H. Smiley, from Minnewaska Mountain Houses.
	Mountain Houses
	"A Friend"
	M. A. Ward
	Joseph Kolmstamm
	Blanche T. Purson
r	Mrs. Edward Born.
	Mrs. Dantal Tox.
*	"In Memory of Marion and Louise",
	Louise H. Keiser
1	Helen D. Perkins
r.	"To pay the expenses of one outing"
7	"In Coston moments of Thomas & Cros".
	A. P. C. "No acknowledgment desired"
	"No arknowledgment desired"
	"Bailey Island, Maine"
	W. J. Egioff
	Rochester, N. Y.
	Mine Marc Murchark
•	Miss Emily Thomas J. R. S. N. Y.
	I B S V V
	Mes T P Turner
	Manley R Horne
	Theare do not publish my name
•	Mrs. T. F. Turner. Manley R. Hgdbs. Trease do not publish my name. Mrs. Abble H. Sweet.
	Mrs. Julius Beer
1	A. W. Smith
a.	Mes. Lockwood Barr
*	New York Sta. I.
	East Orange, N. J.
	Rose Geratein
	Please unit name"
	"Flease unit name"
b	NAME TOTAL STR. II.
	Miss E. E. Misory
ı	Maine
	Ruth and Bernard Aronson
e	L'pour Mentelair, N. J.
d	P W Elms
	F. M. Elms
	No identification.
S	Total July 6, 1915

Preserving the Family's Eyesight Through Scientific Lighting

Narcissus or Chinese lily bulbs vermin should get in the pantry or

planted in shallow glass dishes in kitchen, plain borax will be found to

tion. Many a healthy pair of eyes glasses to insomnia and indigestion. has been rained and the sight of To prevent glare and insure proper

studying and reading are done.

Poorly ventilated room is injurious to properly shaded. specifit. Then, calculate the daylight In both these have little daylight and dark walls, thange your wall covering to a light for direct lighting—that is, where

the eyes to see?

A good test of your artificial illumi- the latter.

light enough?

with a properly protected and mel- by daylight or artificial illumination.

By CLARA BROWN LYMAN. | lowed illumination. In order that the "HE subject of artificial lighting is of the greatest importance in the home of to-day, for modern conditions are forcing us, glare, for glare means eye strain and more and more, to do a large part of the day's work by artificial illumina-bles from the necessity for wearing

young children made defective through placement of the lighting fixtures new ignerance of the right and wrong way methods of artificial illumination have to use the brilliant artificial modern been invented, called the indirect and illuminants in relation to the eyes. | the semi or partly indirect, the fixtures If you want to begin at the rottom for which are in the shape of bowls and really make a revolution for the better in your children's study hours at home, as well as bring about a translucent material for the semi-inchange that will improve conditions direct) hung from the ceiling by for the whole family, study the light- chains or rods. The object of these ing conditions in the living rooms of the house where working, sewing or the source of light and to illuminate reflection from the ceiling rather than Such rooms should, first of all, be by letting it shine directly downward well ventilated, for an overheated or where it would strike the eyes if im-

In both these methods, therefore, a each room; that is, notice how the electric lamp or gas mantle, as the fully each is lighted from without case may be, is concealed inside the Study the color of your walls in re- bowl, which throws the light against Istion to the light in the room. This the ceiling, which diffuses it through applies to artificial as well as natural the room. Where these systems are umination. Dark colors absorb used the ceiling must be white or light light; light colors reflect it. If you colored and the walls light in tore to

colored one at once. Ceilings in such the light shines directly down upon a tooms should always be white or very room—there are globes and shades of light colored, as thus they will act semi-indirect glassware, designed to 48 diffusers and reflectors of light, completely cover the light source and Don't cover your windows with heavy to increase its diffusive qualities. The hangings. Let in all the daylight you test of proper shading for direct lighting is that the glassware shall be of a Next, before starting in to revolu- quality that does not allow the light tionize your artificial lighting condi- source to be visible through the giass. tions, ask yourself these questions: If it is possible for you to see the out-Do I read comfortably by my table line of your electric lamp or gas mantle through any shade or globe or if it Are the children and am I straining protrudes below the edge of the globe or shade it is bad for the eyes, no mat-Does the room seem too light or not ter how "artistic" it may seem. This applies to shades for overhead lights, Am I conscious of the light in over- wall brackets and table lamps. It also applies to silk and fabric shades for

fination is the way it helps you to see. With your lighting conditions satis-Don't think that because a lamp or factorily adjusted there are few gena fixture looks glaring and brilliant eral principles of lighting in relation it gives good light. On the con- to eyesight that every one should know trary, the eye cannot see as well with and that children must be made to obbright, unprotected light as it does serve in reading or writing, whether





SUFFERING ENDING

Living Comfortably, Says Van Dyke.

Suffering among Belgian refugees in The presence of the women in the Holland has decreased considerably courts during the past two months has during the last few months. Of the Maskowiski. already pointed the finger to the need | 50,000 or 60,000 who have not yet rein that particular court, not for care-less work, not for indefinite points of in England, the greatest hardships are Secours National Fund, for the relief view toward the larger aspects of the felt by the better class families who problem, but for the gathering of the are obliged to stay in the concentratific minds to handle the problem that Henry van Dyke, American Minister at total \$65,143.89. Some of the larger finest legal talent and the most scien- tion camps. This is the opinion of The Hague, who has written of conditions in Holland in a letter just re- gave \$100; Mrs. Arthur H. Scribner, In Case of Accident ceived by Rossiter Johnson, tressurer of the Authors' Club. The letter reads:

S50, and \$25 each from William Appleton, Mrs. George F. Huff, Edward R. Andrews, Miss A. Flischert, B. and R. Andrews, Miss A. Flischert, B. andrews, B. andrews, Miss A. Flischert, B. andrews, B. andrews,

of the Authors' Club. The letter reads:

The Hague, Netherland, June 13, 1915.

My Dear Johnson: I have just received your kind letter of June 1, inclosing a cheek for \$1.19.75 forths, representing the processes of the sale of manuscripts and books which was head by the Authors' Club on May 20 for the Senent of the people of Heighton, who have suffered by this institute and incredible war.

The gift is a fine one, and I am much honored by the confidence which the Authors' Club has shaken in intrasting me with its distribution. The best way of carrying out that truet has open under my careful consideration for some weeks.

I—The need of the flection refugees in Holland has decreased considerably during the last few mouths. Some of them lave goue to England and have found, I thep, something is do there. There are now, according to the late stantes, fifty or sixty thousand refugees.

to use it, then warmed. Any doctor will confirm this statement. E. E. C. Maplewood, July 1, 1915.

Frank A. Vanderlip, treasurer of the baugh and Miss Burnet are Mrs. Mary
M. Lilly, Miss Dorothy Strauss, Miss
Amy Wren, Mrs. Jean H. Norris and
Living Comfortably.

Refugees Still in Holland
Living Comfortably. Steinway contributed \$500, Ernest Urchs \$200, Pauline A. Shaw \$50, and \$5 each was received from Charles N. Post, Inland Crystal Salt Company,

E. T. Burke, Adeline E. Dean and P. H. Contributions received vesterday by France, amounted to \$668, making the ton, Mrs. George F. Huff, Edward R. Andrews, Miss A. Elizabeth Beall and Mrs. John P. Chapman.

200 GIRLS NEED HELP

Vacation Society Appeals for Underpaid Workers.

Underpaid Workers.

Ten dollars will give an underpaid working girl a chance to get away from the tenements for two weeks in the open air. Forty dollars will pay the expenses for a month of a girl who has an even chance of successfully fighting tubercular trouble.

There are 200 of such girls now revaiting the generosity of the public. There will be 1,000 before the summer is over. They will be cared for by the Working Girls' Vacation Society, if it is possible. Any one desiring to make ensier the life of the girls who have just massed through a severe win-105 East Twenty-second Street

Are You Ready For Your Trip? Take HORLICK'S Malted Milk

with you when Yachting, Camping, Motoring, Fishing, or Golfing.

A nutritious, satisfying Food-Drink ready in a moment. A good light lunch when the dorrun down. Simply dissolve in water, hot or cold. A fine night's rest is assured if you take a cupful hot before retiring.

Our Lunch Tablets are the acme of convenient nourishment. Dissolve a few venient nourishment. Dissolve a few in the mouth when fatigued or hungry. Sample free, HORLICK'S, Racine, Wis. No Substitute is "Just as Good" as HORLICK'S, the Original